



National Handwashing Awareness Week December 1-7, 2019

Personal hygiene begins and ends with our hands. And though we're taught as youngsters to wash our hands before dinner, it's important to remember that germs don't care what time of day it is. Clean hands prevent sickness. So it's especially important to learn the basics about hand hygiene so that you, too, can become a champion hand washer! Let's examine some handy (see what we did there?) tips and info in honor of National Handwashing Awareness Week, which takes place each year during the first week of December.

National Handwashing Awareness Week Activities

1. **Do it right:** Experts recommend washing your hands with soap and clean water for at least 20 seconds. Be sure to get a good lather going and clean the back of the hands, between the fingers and under the nails. Dry them using a clean towel. There is a lot of science behind these recommendations, so be sure to follow them each time you wash your hands.
2. **Memorize the five steps:** The Centers for Disease Control and Prevention calls hand washing "a do-it-yourself vaccine" and suggests remembering five easy steps: Wet, lather, scrub, rinse, dry.
3. **Learn the Four Principles of Hand Awareness:** Endorsed by the American Medical Association and American Academy of Family Physicians, the four principles are: 1) Wash your hands when they are dirty and before eating; 2) Do not cough into hands; 3) Do not sneeze into hands; and 4) Don't put your fingers in your eyes, nose or mouth.

Wash Your Hands Often to Stay Healthy

You can help yourself and your loved ones stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs:

- **Before, during, and after** preparing food
- **Before** eating food
- **Before** and **after** caring for someone at home who is sick with vomiting or diarrhea
- **Before** and **after** treating a cut or wound
- **After** using the toilet
- **After** changing diapers or cleaning up a child who has used the toilet
- **After** blowing your nose, coughing, or sneezing
- **After** touching an animal, animal feed, or animal waste
- **After** handling pet food or pet treats
- **After** touching garbage



To learn how to wash your hands the right way, continue to page 13!

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Together We Do Much

In response to a friend and colleague's inquiry on a current initiative, I said, "It's complicated." We both understood that some effort would be needed to sort out a roadblock between partners. Not an unusual situation for those of us who work in public health, who must regularly engage and maintain interventions with partners from varied sectors of the public health system.

When we talk about the public health system it's often difficult for individuals, even some working in public health agencies, to understand who we describe as system partners. Our partners in the public health system include all the organizations and entities that contribute to the public's health, or all public, private and voluntary entities that contribute to the delivery of essential public health services. Beyond the local health department, whom does this include? These partners include hospitals, health clinics, community-based organizations, faith-based organizations, businesses, the education sector (including universities), philanthropy, housing, justice, law enforcement, emergency response, planning and land use, public safety, social service and transportation agencies.

To further clarify, let me share just three realistic examples of how our public health work must involve multiple sectors. First, we are working with law enforcement to reduce the spread of hepatitis A. Fourteen percent of individuals with hepatitis A in Hillsborough have recently been incarcerated. We would get nowhere if we did not have the involvement of the Sheriff's Office and the support of the jails in the immunization efforts necessary to get rid of this outbreak. Second, we recently completed a community health assessment which identified behavioral health as one of our number one priorities. The health department does not provide behavioral health services. Therefore, it is our collaboration with local hospitals, social services and community clinics that will ensure that action plans are established to address behavioral health issues. Finally, our environment, specifically how we build roads, residence, etc. has an impact on whether people have access to recreation, food and safety. The health department does not build sidewalks, buildings, etc. Therefore, our collaborations with planning and transportation entities are necessary to ensure that health is considered in relevant plans and policies. Obviously, these are not the only sectors with which the health department collaborates, but hopefully these examples have helped you understand my point.

By working with our system partners, we can share expertise, skills and resources. Ultimately, we gain more by working together than by acting alone. It's truly a 'Win-Win' situation, as the public health department cannot do *everything* to protect the public's health. So, we learn to manage, and even welcome, the challenges and complications of working with our partners, especially if it leads to multi-sectoral interventions that improve health outcomes for those who live, work, worship or play in Hillsborough County.

Have a question or comment? Email us: DLCHD29WebsiteDistribution@flhealth.gov

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Healthy Meal Recipe

Baked Apples with Cherries and Almonds

Any good baking apple, such as Golden Delicious, Rome or Granny Smith, holds its shape beautifully for this dish. Serve it as a light dessert, or alongside roasted pork or pork tenderloin.



Ingredients

- 1/3 cup(s) cherries, dried
- coarsely chopped
- 3 tablespoon nuts, almonds, chopped
- 1 tablespoon wheat germ
- 1 tablespoon sugar, brown (packed)
- 1/2 teaspoon cinnamon, ground
- 1/8 teaspoon nutmeg, ground
- 6 small apple(s), Golden Delicious (about 1 3/4 pounds total weight)
- 1/2 cup(s) juice, apple
- 1/4 cup(s) water
- 2 tablespoon honey, dark
- 2 teaspoon oil, walnut or canola oil

Instructions

Serves 6

Preheat the oven to 350 F.

In a small bowl, toss together the cherries, almonds, wheat germ, brown sugar, cinnamon and nutmeg until all the ingredients are evenly distributed. Set aside.

The apples can be left unpeeled, if you like. To peel the apples in a decorative fashion, with a vegetable peeler or a sharp knife, remove the peel from each apple in a circular motion, skipping every other row so that rows of peel alternate with rows of apple flesh. Working from the stem end, core each apple, stopping 3/4 inch from the bottom.

Divide the cherry mixture evenly among the apples, pressing the mixture gently into each cavity. Arrange the apples upright in a heavy ovenproof frying pan or small baking dish just large enough to hold them. Pour the apple juice and water into the pan. Drizzle the honey and oil evenly over the apples, and cover the pan snugly with aluminum foil. Bake until the apples are tender when pierced with a knife, 50 to 60 minutes.

Transfer the apples to individual plates and drizzle with the pan juices. Serve warm or at room temperature.

NOVEMBER IS NATIONAL DIABETES AWARENESS MONTH

WHAT IS DIABETES?

Diabetes is a disease that occurs when the body does not make or use insulin in the proper way. There are different types of diabetes that include various risk factors and effects on your blood sugar.



WHAT ARE THE DIFFERENT TYPES OF DIABETES?

- Type 1 diabetes is when your body is unable to produce insulin, the hormone found in your pancreas that breaks down carbohydrates into your blood sugar, for energy. There is no direct cause for type 1 diabetes other than genetics, age or family history
- Type 2 diabetes is the most common form of the disease where the body is unable to process or has resistance insulin.
- Gestational Diabetes occurs to women who develop diabetes while pregnant. Once a woman is diagnosed with gestational diabetes, she is at higher risks for developing diabetes later in life.

Is diabetes preventable?

Type 2 diabetes is completely preventable risk factors such as;

- Getting little to no exercise
- Being overweight

Try to:

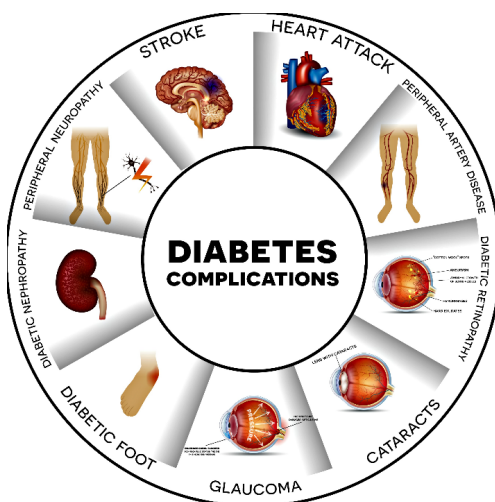
- Eating a healthy diet that is rich in plant based foods, vegetables, and low-sugar
- Avoid sugary snacks, processed meals, and fried or junk food

WHAT ARE SYMPTOMS OF DIABETES?

- Frequent urination
- Blurred Vision
- Increased thirst
- Extreme hunger
- Unexplained weight loss
- Slow-healing sores

HOW DO I GET TESTED?

To get tested for diabetes, you need a simple blood test done by your physician, low-cost health centers, or be on the lookout for free screenings at health fairs, community centers or



The Florida Department of Health in Hillsborough County offers diabetes education programs at no cost.
Call (813) 307-4188 to learn more or to register for a program.

6 Ways to Snack Smarter On The Go



Well-planned, healthy snacks can complement your weight-loss plan and satisfy your hunger.

Whether you're traveling by plane, train or automobile, take your healthy eating habits along by using these tips:

1. **Take these snacks to go.** Tuck portable, nonperishable foods in your backpack, purse or tote when traveling. Single-serving packets of peanut butter and whole-grain crackers, low-fat granola bars, trail mix, nuts and dried fruits travel well.
2. **Traveling by car?** Pack a cooler with skim milk, yogurt, individually wrapped string cheese, small packages of lean sliced meat or poultry for sandwiches, fresh fruit and fresh pre-cut vegetables. Whole-grain bread and cereals round out meals and can also be a quick snack.
3. **Don't forget the fluids.** Include water with sliced lemons or limes, individually packaged 100 percent fruit juices, sparkling water, or unsweetened iced tea.
4. **Utilize your resources.** Ask employees at hotels or conferences about local restaurants that have healthy foods on their menus or that offer grilled or broiled foods in addition to fried foods. You might also ask if there's a grocery store nearby where you can purchase fruit and easy-to-fix items.
5. **Practice portion control.** At business events, use portion control. Allow yourself small servings of some higher calorie foods so that you don't feel deprived and eat larger servings of lower calorie foods.
6. **Eat for energy.** Focus your mind on how eating healthy will give you the strength and energy you'll need for your trip.

Eating well on the road is completely achievable if you plan in advance and have strategies in place that will help you make good choices.

8 Tips For Getting Started in Physical Activity



You already know that physical activity and good health go hand in hand. But if you have a medical condition, aches, pain or a lot of weight to lose, you may be afraid to exercise. Plus, if your physical abilities are limited, you may feel like the little exercise you can do won't do much good — so why bother?

That's understandable. But here's a very personal, worthwhile reason to move more: because you deserve to feel good. Physical activity can help you do just that.

Here's the trick: Don't think about exercise as a chore; instead, focus on how good it can make you feel. From there, take these steps to move more:

- If you're not physically active or have a medical condition, talk with your doctor first to learn which activities are safe for you.
- Find a physical activity that you enjoy and can keep up with over time.
- Get some form of physical activity each day, even if it's only for 10 or 15 minutes.
- Make it as routine like brushing your teeth. Daily activities — such as household chores and yard work— count!
- Start small. Park farther from the store or take a walk around the block. Move at a pace that feels right for you.
- Work toward choosing several types of cardio and muscle-strengthening activities. This will help keep you from getting bored.
- Aim for 150 minutes of moderate physical activity a week. If you need to, break it into 10-minute chunks.
- Feel good about the activities you can do rather than focusing on what you can't do.

No matter what you weigh, or what ails you, any physical activity is good for you. It can help you feel better—physically and emotionally!

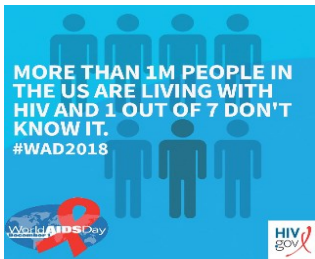


DECEMBER IS AIDS AWARENESS MONTH



HIV Prevention includes:

- Safer sex with condoms
- Getting tested for HIV
- Not sharing needles
- Consider going on PrEP



How do I get tested for HIV/AIDS?

Several tests can be done to help diagnose HIV. It's up to you and your healthcare providers to know which one works best for you

- Antibody/Antigen Tests with a swab or finger prick
- Nucleic acid test (NAT) isn't used for general screening. Typically used for people who have early symptoms or known risk factors

AIDS Awareness Month is a great opportunity to raise awareness, remember those who have passed, and to celebrate the victories such as increased access to treatment and prevention services.

What is AIDS?

Human immunodeficiency virus (HIV) is the virus that causes AIDS. When a person becomes infected with HIV, the virus will attack and weaken their immune system. As their immune system decreases, the person is at risk for getting life threatening infections and cancers. AIDS refers to the most advanced stage of HIV when their immune system is compromised. You cannot get AIDS without getting HIV but, because you have HIV does not mean you will get AIDS.

What are the causes of AIDS?

The virus is spread via person-to-person through certain body fluids such as:

- Blood, semen, rectal fluids, vaginal fluids, breast milk

HIV can be spread if the fluids above encounter:

- Inside of the mouth, penis, vagina, rectum, injected into the blood stream, or if it enters damaged tissue that has been scraped or cut

HIV can NOT be spread through:

- Sweat, saliva, urine, casual contact, mosquitoes or pets, eating food handled by an infected person nor touching items by an infected person

Symptoms of AIDS include:

- Recurrent fever, chronic swollen lymph glands, bumps, lesions, rashes of the skin, rapid weight loss, dark splotches on the skin

Is there treatment for HIV/AIDS?

- Antiretroviral Therapy (ART) or Highly Active Antiretroviral Therapy (HAART) is recommended for all people living with HIV
- Pre-exposure prophylaxis (PrEP) is a prevention medication that is recommended for people at very high risk for HIV.

If you are looking for medical care related to HIV/AIDS please call (813) 307-8064 to set up an appointment. If you need to be tested for HIV or any other sexually transmitted disease you can call (813) 307-8058

Hillsborough County Health Care Services

Healthy Living Centers

Lee Davis Community Resource Center
3402 N. 22nd Street, Tampa, FL 33605

Plant City Community Resource Center
307 N. Michigan Avenue, Plant City, FL 33566

SouthShore Community Resource Center
201 14th Avenue SE, Ruskin, FL 33570

(813) 272-5040

HCFLGov.net/HealthCare



Healthy Living Program



**Hillsborough
County Florida**



**Hillsborough
County Florida**



What is the Healthy Living Program?

The Healthy Living Program provides guidance and resources for a healthy lifestyle to Hillsborough County Health Care Plan members and the community through local, on-site services. The Healthy Living Program offers an exercise room, educational activities, group exercise sessions, nutritional counseling, and health screenings at Healthy Living Centers throughout Hillsborough County. Free classes on topics such as diabetes prevention/management, weight loss, healthy food choices, cooking classes, Public Health Services, and other health management services are also available through the Healthy Living Program.

Who can join?

Members of the Hillsborough County Health Care Plan, as well as the community, are eligible to join the Healthy Living Program. If you are interested in joining, call the Health Care Customer Service Line at (813) 272-5040 to see if you qualify.

How do I join?

Visit one of the Healthy Living Centers with your identification (driver's license, state ID card).

What is included in the membership?

- A personalized workout plan developed by a Healthy Living Wellness Specialist
- Free workouts at your assigned Healthy Living Center
- Free group exercise, nutritional counseling, and health screenings
- Goal-driven incentives for Health Care Plan members
- Vision services include glasses with Hillsborough County Health Care Plan
- Limited dental services with Hillsborough County Health Care Plan

How much does it cost?

There is no cost for Healthy Living Program members.



**EVERY \$1
INVESTED IN
EMPLOYEE
WELLNESS
PROGRAMS
YIELDS \$6 IN
HEALTH CARE
SAVINGS***

Interested in a no-cost
Employee Wellness program?

Contact the FL Department of Health in Hillsborough County

(813) 559-4152

Get HealthyNow - University of Louisville



How Harmful Is Too Much Sitting?

Sitting for long periods of time has been linked to a number of health concerns, including obesity, heart disease and even cancer. Don't believe it? Stand up and read on.

It's time to step away from the computer and read this: According to one study, people who spend more than four hours a day in front of a screen have a higher risk of early death in general and a higher risk of events related to heart disease, such as chest pain or heart attack.



But sitting in front of the TV isn't the only concern. Any extended sitting— such as behind a desk at work or behind the wheel— can be harmful. What's more, even fitting in some moderate or vigorous activity doesn't seem to significantly offset the risk of sitting most of the time.

The solution? Sit less and move more overall. You might start by simply standing rather than sitting whenever you have the chance.

For example:

- Stand while talking on the phone or eating lunch.
- If you work at a desk for long periods of time, try a standing desk— or improvise with a high table or counter.

Better yet, think about ways to walk while you work:

- Walk laps with your colleagues rather than gathering in a conference room for meetings.
- Position your work surface above a treadmill— with a computer screen and keyboard on a stand or a specialized treadmill-ready vertical desk— so that you can be in motion throughout the day.

The impact of movement— even leisurely movement— can be profound. For starters, you'll burn more calories. This can lead to weight loss and increased energy. Plus, the muscle activity needed for standing and other movement seems to trigger important reactions related to the breakdown of fats and sugars within the body. When you sit, these responses stall— and your health risks increase. When you're standing or actively moving, you kick the processes back into action.

Source: http://diet.mayoclinic.org/diet/move/how-harmful-is-too-much-sitting?xid=nl_MayoClinicDiet_20181011

What Are MUFAs, and Should I Include Them In My Diet?

Monounsaturated fatty acids (MUFAs) are a healthy type of fat. Replacing less healthy fats, such as saturated fats and trans fats, with unsaturated fats, such as MUFAs and polyunsaturated fats, may offer health benefits.

Consuming monounsaturated fatty acids may help lower your risk of heart disease by improving your risk factors. For instance, MUFAs may lower your total and low-density lipoprotein (LDL) cholesterol levels but maintain your high-density lipoprotein (HDL) cholesterol level.

MUFAs may also help improve the function of your blood vessels. And some research shows that MUFAs may also benefit insulin levels and blood sugar control, which can be especially helpful if you have type 2 diabetes.

MUFAs are a central part of the heart-healthy Mediterranean diet. MUFA-rich foods in your diet include:

- Olive oil
- Nuts, such as almonds, cashews, pecans and macadamias
- Canola oil
- Avocados
- Nut butters
- Olives
- Peanut oil



But don't go overboard. All fats, including MUFAs, are high in calories, so use MUFAs only in moderation. Consume MUFA-rich foods instead of other fatty foods, not in addition to them.

Source: https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/expert-answers/mufas/faq-20057775?utm_source=newsletter&utm_medium=email&utm_campaign=heart-healthy

Five Steps to Wash Your Hands the Right Way

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community—from your home and workplace to childcare facilities and hospitals.

Follow these five steps every time.

1. **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or air dry them.



Interested in receiving a copy of the newsletter?!

The Florida Department of Health in Hillsborough County's bi-monthly newsletter is available online at <http://hillsborough.floridahealth.gov/programs-and-services/community-health-planning-statistics/community-wellness-newsletter/index.html>.

The newsletter can be printed and mailed to your address for your convenience.

To preserve your privacy, if you would like to be added to the email distribution list or receive a mailed copy, please call (813) 307-8071 or email to DLCHD29WebsiteDistribution@flhealth.gov.

The Florida Department of Health in Hillsborough County has **FREE** health education programs. If you are looking for a way to help you be a healthier, call **813-307-8000** to register!

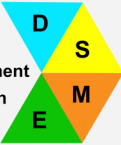
BP For Me

This 4 week program is designed for individuals who have high blood pressure and want to reduce their risk for complications.

Up coming classes:

Call to know about our upcoming classes!

Diabetes
Self-
Management
Education
Program



Diabetes Self Management Education

If you have been diagnosed with diabetes, learn how to better manage your condition in 7 weeks through reducing risks of complications, improving nutrition, increasing physical activity, better monitoring, medications and improved coping skills.

Up coming classes:

January 15, 2020	Wednesday	1—2:30 pm	Plant City area
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The Diabetes Prevention Program

This program can help anyone who is overweight— pre-diabetic or at risk for Type 2 diabetes. Participants will learn and practice skills on healthy eating, being active and other healthy coping skills for a healthy lifestyle change.

Up coming classes:

November 5, 2019	Tuesday	11—12 pm	Town 'N Country area SPANISH-Speaking
November 25, 2019	Monday	10:30—11:30 am	Central Tampa area
December 6, 2019	Friday	1—2 pm	Ruskin area
December 10, 2019	Tuesday	5—6 pm	Plant City area
January 15, 2020	Wednesday	12—1 pm	Central Tampa area

Get Into Fitness Today!

In 6 or 12 weeks participants learn about healthy eating, physical activity and ways to live a healthier life.



Up coming classes:

Call to know about our upcoming classes!

Get Into Fitness Together– a Learning Emotional Activity Program (GIFT-LEAP)

This program is designed for ages 5-9 to encourage children to make healthy choices so that they can lead a healthy lifestyle into adulthood. The program is 6 weeks long and covers healthy eating, physical activity, and how to deal with stress and emotions. Families are welcome to join their 5-9 year old's in the program!



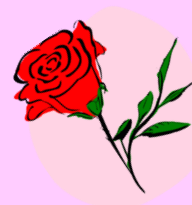
The Florida Department of Health in Hillsborough, Florida Breast and Cervical Cancer Early Detection Program

We offer **FREE** mammogram & pap smear testing! For more information and to schedule an appointment, call **813-307-8082**

Upcoming mobile mammography:

Tampa Family Health Center

To schedule and appointment, call **813-284-4529**, Sophia



Florida KidCare, the state of Florida health insurance for children (birth through age 18, even if one or both parents are working. To apply, call 1-888-540-5437, TTY-877-316-8748, apply online, print application and instructions. Visit: www.floridakidcare.org.

FL  **rida KidCare**

PARKS AND RECREATION:

Hillsborough County Parks, Recreation, and Conservation..... www.hillsboroughcounty.org/
 Plant City Parks and Recreation..... www.plantcitygov.com/
 Tampa Parks and Recreation..... www.tampagov.net/dept_parks_and_recreation/
 Temple Terrace Parks and Recreation..... www.templeterrace.com/
 Farmers Markets around Hillsborough County..... www.american towns.com/fl/hillsborough-county-local-food

Do you ever wonder how healthy your community or state is? How does your own health status look compared to the rest of Floridians? If you are interested in statistics and data, Florida Charts is a great resource that paints an accurate picture of the health status of our state— with factual information. The website has been updated with a new look. Twelve years ago, the site was founded and continues to provide the most up-to-date health statistics you'll find in Florida. Each month, over 24,000 visitors generate over 1 million hits to the 3,500 health indicators, 19 health profile reports and 10 query systems in FLHealthCHARTS. Be sure to bookmark the new site:



MAIN OPERATOR

and Director's Office.....307-8000

COMMUNITY HEALTH

Community Health Director**307-8071**
 Epidemiology**307-8010**
 Health Education**307-8071**
 Breast/Cervical Cancer.....**307-8082**
 Diabetes**307-8071**
 Florida KidCare.....**307-8082**
 Weight Management.....**307-8071**
 Health Literacy.....**307-8071**
 Insulin Program**307-8082**
 Lead Poisoning Prevention**307-8071**
 School Health**307-8071**
 Sterilizations**307-8082**
 Office of Health Equity**307-8066**

* All numbers are area code (813) unless otherwise indicated.

CONTACT US

DISEASE CONTROL

HIV/AIDS Specialty Center **307-8064**
 Immunizations **307-8077**
 Sexually Transmitted Diseases **307-8058**
 Anonymous Testing **307-8058**
 Tuberculosis (TB) **307-8047**

ENVIRONMENTAL HEALTH.....307-8059

HUMAN RESOURCES..... 307-8031

NUTRITION/WIC..... 307-8074

PHARMACY

(HIV/AIDS care clients only)..... **307-8072**

PUBLIC HEALTH

PREPAREDNESS..... 307-8042

PUBLIC INFORMATION

OFFICER..... 307-8044

VITAL STATISTICS..... 307-8002



MISSION: To protect, promote, and improve the health of all people in Florida through integrated state, county, and community efforts.

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